

Older Americans

- In California, the elderly population is expected to increase more than twice as fast as the total population.
- In Stanislaus County there are more than 87,200 older adults aged 60+.
- From 2000-2020, Stanislaus County will see a 100—149.9% increase in the 60 and over population.
- The influence of the 60 and over age group on California is expected to emerge most strongly between 2000 to 2020.

Inside this issue:

Need Help paying for Medi-care costs?	2
Bone Health	3
Healthy Aging Association	4
Age with Movement Celebration	5
Commission on Aging/ Senior Coalition	6
Caregiver Corner	7
Nutrition Ed.	
Friendly Visitor	8
Facts about Aging	

Golden Times & Lifestyles

Spring/Summer 2014

Older Americans Month 2014

May is the month nationally recognized as Older Americans Month (OAM), a perfect opportunity to show our appreciation for the older adults in our community. Every year since 1963, May has been a month to recognize and celebrate the vitality and aspirations of older adults and their contributions to the communities in which they reside. The theme for OAM 2014 is **“Safe Today. Healthy Tomorrow.”** Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experiences with their families, friends, and neighbors.

The Healthy Aging Association challenges you to think about what your organization can do this year to help celebrate Older Americans Month all throughout May. Giving our senior citizens opportunities to volunteer their time to support those who are less fortunate, to teach others skills they’ve honed over the years, or to become involved in civic matters are just a few ways you can get involved. Help our older Americans stay positive, active, and involved in our community.

The Area Agency on Aging and the Healthy Aging Association are joining in the national celebration of Older Americans Month 2014 with activities and events to promote intergenerational engagement and recreation. We invite you to join in the fun! **Save the date “Friday, May 2nd” to celebrate the ‘Age with Movement Celebration’ and Kick Off Older Americans Month!** To find out how you can participate in this event, call the Healthy Aging Association at (209)523-2800 or visit their website at www.HealthyAgingAssociation.org/Events.



Need help paying your Medicare costs?

Medi-Cal: If you have limited income and assets you may qualify for full-subsidy Medi-Cal. (Generally under \$1,000/mo income for one and \$1,300/mo for a couple, and assets not exceeding \$2,000 for one or \$3,000 for a couple). Full Medi-Cal benefits would cover your Medicare premium, pay your Part A&B deductibles and co-payments, and even reduce your Part D (or prescription drug) co-payments.

Note: You may be eligible for a Medicare Savings Program or “extra help” paying for Medicare prescription drug coverage (Part D), even if you exceed Medi-Cal income limits.

Medicare Savings Programs: If you are above Medi-Cal limits but still have limited income and assets, you may still qualify for a Medicare Savings Program that helps pay your Medicare premiums, your Medicare Part A (hospital insurance) and Medicare Part B (medical insurance) deductibles, coinsurance and copayments, and Medicare prescription drug coverage costs. You may qualify for the Qualified Medicare Beneficiary (QMB) Program, Specified Low-Income Medicare Beneficiary (SLMB) Program, Qualifying Individual (QI) Program, or Qualified Disabled and Working Individuals (QDWI) Program, even if your income and resources are higher than the limits for Medi-Cal.

“Extra- Help” - Save on Prescription drug costs: For 2014, a single person with a monthly income of \$1,459 or less (\$1,966/mo for a couple) may qualify for at least some level of assistance paying for Part D prescription costs. This is called the Limited Income Subsidy (LIS) or “Extra-Help”. If you already have Medi-Cal, receive help paying your Part B premiums (Medicare Savings Program), or receive Supplemental Security Income (SSI) benefits, you are already receiving this benefit.

Application Assistance: Contact the local Health Insurance Counseling & Advocacy Program (HICAP) office for free assistance in applying for Extra-Help or a Medicare Savings Programs, OR the local Medi-Cal office to apply for Medi-Cal.



Green Bag Program for Older Adults 60+

FREE 10 pound bag of Fruits and Vegetables Once a Month

Third Wednesday of Every Month at 1:00 pm

at First United Methodist Church, 850 16th Street, Modesto

Program Requirements:

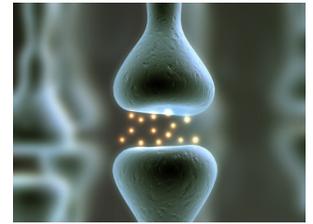
Must meet Gross Income Requirements (\$20,147 or less annually, or \$1,679 or less monthly for one person in the home). Must stay for a 20 minute nutrition presentation. Only one bag per household. For more information call Healthy Aging at (209)523-2800.



Nutrients and Lifestyle for Bone Health

Ryan P. Casey M.D.

Our bones provide many important functions in the human body. Bones along with the skeletal system form the internal structure and support system that provides shape to the body, allows for movement to occur, offers protection to delicate organs, and stores calcium to name a few. When taking into account the many benefits that bones contribute to our overall lifestyle and wellness, exploring and implementing lifestyle choices that can prolong the health of our bones becomes essential as we age.



Calcium and vitamin D are nutrients that work together as partners with the purpose of building strong, healthy bones and developing an ideal bone mass, while decreasing the risk of osteoporosis. Osteoporosis is a condition that weakens bones, making them more fragile and susceptible to fractures. Some of the risk factors for osteoporosis include advanced age, being a post-menopausal woman, having a thin body frame, excessive alcohol consumption and cigarette use, and those with a family history. The ability to prevent, detect, and treat this condition is readily available, in order to improve the health of your bones and promote an active lifestyle.

Prevention of osteoporosis can occur through adequate consumption of bone healthy nutrients such as calcium and vitamin D, along with healthy lifestyle choices such as exercise that is weight-bearing, along with cessation of cigarettes and avoiding excess alcohol consumption. Screening for osteoporosis is available through a diagnostic test known as a DEXA scan which assesses bone density. According to the U.S. Preventive Services Task Force (USPSTF) all women age 65 and over should get bone density testing. In the cases where osteoporosis or its precursor osteopenia is detected, medical therapy is also an available option to prevent the future risk of fractures and to improve the overall health of your bones.

The Healthy Aging Association cordially invites you to utilize our fitness and fall prevention educational resources and participate in our frequent and diverse fitness classes which are designed to develop healthier bones, increase strength and flexibility, improve coordination, and decrease the risk of falls. For more information regarding bone-healthy nutrients, lifestyle choices, and bone density testing, please contact your local healthcare provider to develop an ideal personalized plan to improve the health of your bones and improve your quality of life.



♥ Healthy Aging Association ♥

The Healthy Aging Association (HAA) is a non-profit 501(c)(3) organization, incorporated in 2000. Our mission is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity and sound health and nutrition practices. Our ultimate goal is fall and disease prevention, helping to keep seniors living independently longer. We provide Stanislaus County residents age 50 and older the opportunity to exercise and learn the importance of healthy living, fall prevention, increased physical activity in disease prevention, and maintaining the ability to complete ordinary activities of daily living. The Healthy Aging Association offers:

- **Young at Heart** – Strength Training, Low Impact Aerobics, Tai-Chi, Advanced Group Fitness
- **Health Education/Outreach, Fall Prevention Education,**
- **Nutrition Education – SNAP ED**
- **Club F.I.T.** – Walking Program

"It is NEVER too late to GET FIT!"

The Healthy Aging Association partners with the community to bring the Young at Heart exercise program to different neighborhoods in Stanislaus County to provide exercise, socialization, and to relieve any transportation barriers. We have class locations at Community Centers, Senior Centers, Churches, and Independent and/or Assisted Living Senior Housing facilities. The Young at Heart Program was implemented at Dale Commons in early 2013. The staff is very impressed with the benefits the residents are receiving. "It's the most attended class at the facility and there have been less falls amongst the residents," shared Charmaine. Jim Sidoti, General Manager, said the feedback they are hearing from the residents and their families is phenomenal.

"Since we implemented the Young at Heart Program in our Community, there has been a significant reduction in the number of falls."
~Charmaine Rincon, Marketing Director, Dale Commons

Barbara Martin, 83, who attends the Young at Heart class, fell about a year ago and suffered from a shoulder injury. At that time her only option given to her was shoulder surgery, which at her age she wanted to decline. Since joining the program Barbara, has reported an improvement in her range of motion, less pain in her shoulder, is able to limit her pain medication, and most importantly, has not had a fall. "I used to fall eleven times a week: I haven't had a fall in several weeks now! My doctor says KEEP IT UP!"



"The class is having so much fun, they're more involved in other activities, and the energy is up in our community," Sidoti shared. If you have been thinking about starting an exercise program at your facility, Young at Heart is the way to go. For more information on how to get a class started at your facility or to join a current Young at Heart class, please contact Healthy Aging at 523-2800, or visit our website for class times and locations.



Come Celebrate Older Americans Month at the Age with Movement Celebration—May 2nd

The ‘Young at Heart’ **Age with Movement Celebration** is the Healthy Aging Association’s annual fundraiser to help support our “Young at Heart” (YAH) Older Adult Fitness Programs. This celebration is also an opportunity to educate the community and older adults on services and programs available throughout Stanislaus County, as well as serve as the Kick-Off event in Stanislaus County for Older Americans Month, which is celebrated throughout the month of May.



The Healthy Aging Association wants to ensure older adults have choices to help them age with dignity and independence. For this year’s event, you can choose to participate in a 1/2 mile to 5K Walk in the Park, Tai Chi, Chair Yoga, Belly Dancing, Cane Fu, Young at Heart Strength Training, Low-Impact Aerobics, Balance & Fitness Assessments, and more!

Once you register, be sure to get sponsors so you can earn rewards such as a: YAH T-shirt, YAH Duffle Bag, YAH Stress Ball, and YAH Yoga or Sweat Pants! There are a number of ways you can enlist sponsors: sell raffle tickets, collect business card sponsors, collect raffle items, or get individual sponsors, such as your family members, friends, doctors, dentists, or neighbors. A minimum of a \$10 donation per registered person is requested in order to receive a T-shirt. However, there is **NO FEE** to come down and participate in the fun. The purpose of collecting donations from sponsors is to raise money to help support the continued growth of the “Young at Heart” senior exercise programs (now serving more than 1,300 exercisers). There will be prizes for the top individual and team fundraisers.

Bring your friends, family, and neighbors down to the basketball court area at East La Loma Park in Modesto, on **Friday, May 2nd from 8:00 am to 12:00 pm.**

Registration begins at 7:30 am, with the Walk kicking off at 8:00 am. The Event will include light refreshments, entertainment by The Quake Mobile DJ, raffle drawings throughout the morning, informational booths, plus tons of activities to keep you feeling “Young at Heart.”

To register for this event you can call the Healthy Aging Association at (209)523-2800 or visit our website at www.HealthyAgingAssociation.org/AWM.



If you pre-register for the event by **April 15th**, you will receive one free raffle ticket upon check-in at the event. Shuttle service will be available all morning from the Church of Latter Day Saints parking lot on Edgebrook Dr., to the park and back.

What is the Commission on Aging?

The Commission on Aging (COA) is a member advisory council for the Stanislaus County Area Agency on Aging (AAA) and the Stanislaus County Board of Supervisors. The Commission advises the AAA on issues and concerns of older persons in Stanislaus County. Its role is to serve as the 'eyes and ears' of the senior community, and where appropriate, provide advocacy/leadership. The Commission actively works with the local service providers who are contracted by the AAA to provide Older Americans Act and Older Californians Act program services. The Commission also sponsors the Annual Senior Awards program in conjunction with activities to celebrate Older Americans Month each May, and assists the AAA with the California Senior Legislature election that is held every four years.

Who are the Commission on Aging Members?

Membership on the COA is open to residents of Stanislaus County who support the principles, purposes, and by laws of the COA. Members attend meetings and work actively on at least one (1) committee of the COA. The COA meetings are held the second Monday of each month at 1:30 pm. These meetings are open to the public, and are held at 121 Downey Avenue, Suite 102, Modesto, California. For more information call (209)558-7825.

The Senior Coalition of Stanislaus County: Taking Action

The Senior Coalition of Stanislaus County (SCSC) mission is "To enhance the physical, mental and social well-being, while reducing fall risk for seniors and persons with disabilities in Stanislaus County, in a collaborative community effort through education, coordinated services and best practices for independence."

Some of the key issues the SCSC will be focusing in 2014:

- Updating information on the integration of care for dual-eligible beneficiaries (Medicare MediCal) to Coalition Members, stakeholders and consumers.
- Expand outreach to outlying areas that include Waterford, Oakdale, Grayson, Patterson, Newman and Ceres.
- Continue Fall Prevention activities

The SCSC meetings are held on the 4th Tuesday of each month. For more information about the SCSC or to join our efforts, please contact Erlinda Bourcier, Senior Coalition Coordinator by email fallpreventionstancounty@yahoo.com or visit the Coalition webpage at www.HealthyAgingAssociation.org/SeniorCoalition

The Senior Coalition of Stanislaus County is part of [The SCAN Foundation's](#) Community of Constituents Initiative building a statewide movement to transform the system of care so that all Californians can age with dignity, choice and independence.

Caregiver Corner

The services available through the Stanislaus County Area Agency on Aging (AAA) include a program to help caregivers of frail elders. That program is called the Family Caregiver Support Program. For informal, un-paid “family” caregivers, the Area Agency on Aging can pay for a limited amount of in-home help to give a break, or respite, to them.

The amount of paid help available through the Family Caregiver Support Program is far less than what is often needed by the caregiver. To expand the help available, the AAA is seeking volunteers who will visit with the elder while his or her caregiver can be away from their home responsibilities. Visiting can include activities such as watching TV, playing games, walking, crafts, or talking. The activities will be according to the elder’s and visitor’s interests and abilities. Volunteers will not do any “care” or housework.

Volunteers need to apply at the AAA, submit to a fingerprint background check, and attend a special 4 hour training session. Volunteers will be matched with a care receiver based upon preferences, interests, and availability. The AAA staff will arrange the visiting times with the caregiver and volunteer. Mileage reimbursement is available for all volunteers. For more information, please call Linda Lowe, **209-525-4612** or the AAA Information and Assistance line, **209-558-8698**.

Nutrition Education—Healthy Eating for an Active Lifestyle



8 tips for combining good nutrition and physical activity

Resource: ChooseMyPlate.gov

1. **Maximize with nutrient-packed foods** - Include whole grains, lean protein, fruits & veggies, dairy.
2. **Energize with whole grains** - Bread, pasta, oatmeal, cereals, and tortillas are a quick energy source.
3. **Power up with protein** - Protein is essential for building muscle, choose lean meats, or seafood.
4. **Mix it up with plant protein foods** - Choose beans, peas, soy products, and unsalted nuts & seeds.
5. **Vary your fruits and vegetables** - Eat a variety of colors, fresh, frozen, canned, dried, or 100% juice.
6. **Don't forget DAIRY** - Fat free or low fat milk, cheese and yogurt to help build strong bones.
7. **Balance your meals** - Use MyPlate as a reminder to include all food groups each day.
8. **Drink water** - Stay hydrated by drinking water instead of sugary drinks.

Senior Information & Assistance

Facts about Aging:

- Approximately 92% of older adults have at least one chronic disease, and 77% have at least two.
- Diabetes affects 12.2 million Americans aged 60+, or 23% of the older population.
- Every 15 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall.
- One in four older adults experiences some mental disorder including depression, anxiety disorders, and dementia. This number is expected to double to 15 million by 2030.
- Depression affects seven million older Americans, and many do not receive treatment.
- The GOOD NEWS is YOU have OPTIONS.
- **Healthy Aging starts with healthy behaviors in earlier stages of life.**
- More facts can be found at www.ncoa.org



Ever feel Lonely?

Do you live alone and would like someone to visit with?

Friendly Visitors are volunteers ages 16 years and older, that provide companionship. These volunteers will visit two times a month and devote one hour to you. You and the volunteer decide what days and times are best for visiting!

Visits are focused on fun activities that you want to do. This can include playing games, sharing stories, going for coffee, going for walks, etc.

To be a part of the program all you have to do is call! We'll send the Friendly Visitor Coordinator to meet you first.

**You don't have to feel alone anymore.
A Friendly Visitor is waiting for you!**

For more information on becoming a participant, please contact:

Senior Information & Assistance: 209-558-8698



Published by:

Stanislaus County Area Agency on Aging and
the Healthy Aging Association



Stanislaus County Commission on Aging:

The public is invited to attend and participate in all meetings held by the Commission and its committees. Commission meetings are held on the 2nd Monday of each month at 1:30 pm at 121 Downey Avenue, Suite 102, Modesto, CA.

Commission on Aging Members:

Adriana Breugem, Joyce Buehner, Lillian Castigliano, Pat Fantazia, Kathleen Faria, Joyce Gandelman, Ken Hanigan, Amelia Henson, Jeri Johnson, Larry Johnson, Jenny Kenoyer, Eileene King, Huey Lee, Joanne Lyons, Maggie Mejia, Stacie Morales, Delaine Olson, Mickey Peabody, Kathy Sniffen, and Billie Taylor.

Board of Supervisors:

District 1 – Bill O'Brien District 2 – Vito Chiesa
District 3 – Terry Withrow District 4 – Dick Monteith
District 5 – Jim DeMartini

Newsletter Contributors:

• Carolyn Hill • Linda Lowe • Delaine Olson
• Jill Erickson, R.D. • Ryan P. Casey, M.D.
Kim Viviano